

# ***POCKLINGTON RUNNERS***

Pocklington Runners report: Wednesday, 08 June 2011

## **Adele & Sue takes the prizes**

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A busy week of running saw a big turnout for race three of the YDRRL 10k summer series which was staged over a testing hilly course in Easingwold.

First home for Pocklington was Helen Cross 38.24 (1<sup>st</sup> in Cat.) closely followed by Steven Worth 38.31 and then Richard Ginn 38.51. Other runners were Stuart Smith 39.12, Warwick Anderson 40.18, Patrick Piggott 40.39, Mike Pullon 42.50, Howard Cross 43.11, Richard Ramshaw 43.38, Gary Tebbutt 43.39, Keith Oliver 43.43 (2<sup>nd</sup> in Cat.), Stuart Evans 43.48, Patrick Hough 44.06, Alan Kendra 44.10, Harry Bryan 44.32, Rachael Houseman 44.35 (3<sup>rd</sup> in Cat.), Clive Jeffery 45.28, Mike Siddall 45.29, Adele Shipley 46.22, Simon Richardson 46.37, Paul Sheridan 46.43, Marcus Bourne 46.54, Colin Shipley 48.40, Brain Perkins 48.47, Lindsay Cameron 49.12, Mick East 50.53, Sarah Hargreaves 51.13, Paul Miller 52.50, Steven Eastoe 53.13, Sue Vickery 54.49, Stephen Ferre 55.39, Gordon Mellor 60.48, Di Thompson 63.40, Sharron Anderson 66.31 and Bev Varley 67.28.

On Sunday 150 runners took part in the inaugural Allerthorpe half marathon in hot and breezy conditions. First back for Pocklington, in 6<sup>th</sup> place, was Steven Worth 1.29.13, then Simon Rycroft 1.32.44, Mike Pullon 1.33.37 (2<sup>nd</sup> in Cat.), Clive Reid 1.42.13 (2<sup>nd</sup> in Cat.), Brian Perkins 1.47.35, Sue Brown 1.48.03 (1<sup>st</sup> in Cat.), Linda Harvey 1.48.22, Jill Dowson, who had run in the Allerthorpe Sprint Tri on Sunday morning, 1.55.09, Charlie Hope 1.59.10, Debbie Rycroft 2.05.58 and Liz Johnson 2.15.53.

Also on Sunday was the Goole Riverbank Challenge, a mixed terrain third of a marathon race. Alan Kendra 63.00 finished first for Pocklington followed by Stuart Evans 63.48 and then Adele Shipley 65.18(PB) which gave her 3<sup>rd</sup> place in the women's race and 1<sup>st</sup> in Cat.

Steve Eastoe travelled to Hull and joined a field of over 300 to run the Humber Bridge 10k in 51.25.

Pocklington Runners meet for training runs on Wednesday evenings at the Rugby Club at 18:30 (Please note that ,during the summer, on the first Wednesday of the month most of the club's runners travel for an out of area run). For full details visit [www.pockrunners.com](http://www.pockrunners.com)